

<b>Disziplin</b>	<b>m2008</b>	<b>m2009</b>	<b>m2010</b>
75m	10,30s	10,45s	10,65s
100m	12,40s	-	-
60m Hürde	10,0s	10,20s	10,50s
80m Hürde	13,10s	-	-
800m	02:30,00min	02:35,00min	02:40,00min
2.000m	07:30,00min	07:50,00min	08:05,00min
Weitsprung	4,90m	4,70m	4,50m
Hochsprung	1,50m	1,40m	1,35m
Kugel	(3kg) 8,5m (4kg) 9,0m	8,00m	7,50m
Diskus	24,0m	22,00m	20,00m
Speer	32,00m	28,00m	24,00m
Ball	45,00m	40,00m	35,00m

<b>Disziplin</b>	<b>w2008</b>	<b>w2009</b>	<b>w2010</b>
75m	10,60s	10,70s	10,80s
100m	13,50s	-	-
60m Hürde	10,50s	10,60s	10,70s
80m Hürde	13,20s	-	-
800m	02:37,00min	02:40,00min	02:45,00min
2.000m	07:45,00min	08:00,00min	08:10,00min
Weitsprung	4,80m	4,60m	4,40m
Hochsprung	1,45m	1,38m	1,32m
Kugel	8,2m	7,70m	7,20m
Diskus	20,0m	18,00m	16,00m
Speer	25,00m	22,00m	19,00m
Ball	38,00m	34,00m	30,00m